

the GUARDIAN

The official magazine of Multinational Battle Group East



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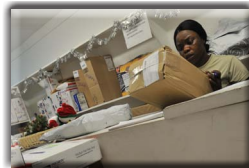
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the GUARDIAN

The Guardian is produced for personnel of Multinational Battle Group - East, and is an authorized publication for members of the Department of Defense.

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ABOUT THE COVER

CW2 Roland Serrano of MNBG E connects a water hose to a non-potable water supply point at an outpost in Northern Kosovo Dec. 13, 2011. (U.S. Army photo by Sgt. 1st Class Jim Wagner)

See the full story on Page 8.

FROM THE COMMANDER

Stay focused, motivated, learn new things this year

Welcome to Camp Bondsteel! Our journey to get here was a long and exciting one. As we close the chapter on December, I want to take a minute to reflect back to the events that transpired, accomplishments that were made, and look towards the future of our mission and our continued success.

Originally planning to deploy as KFOR16, we quickly adjusted our training timeline and fulfilled our pre-mobilization tasks to deploy as KFOR15. We worked diligently at home station, Camp Atterbury, and the Joint Mobilization Readiness Center in Germany to prepare for our mission in Kosovo. Each step of the way we learned more about ourselves, each other, and our mission.

Colonel Schwartz and his Soldiers from KFOR14 worked jointly with us to successfully complete our RIP (Relief in Place). KFOR14 provided us with the knowledge and understanding to continue the tradition of the KFOR presence in Kosovo and to provide the freedom of movement and safe and secure environment the citizens of Kosovo deserve. I thank KFOR14 for setting us up for a successful mission.

Now that we have assumed control of the Multi-National Battle Group (East) and completed our Transfer of Authority (ToA) with each Task Force, we have a better understanding of the dynamics of our Battle Group and our missions.

I am continuously impressed with the professionalism, demeanor, and dedication with which our Battle Group conducts itself.

Working collectively with our Multi-National

partners, your professionalism and performance epitomize KFOR's motto of "Together as One."

As we move forward into the new year, I challenge each of you to stay focused on your mission, stay motivated, and continue to learn new things. Build upon the experiences you received during pre-mobilization and mobilization training and during your RIP process. Take the "sweat and tears" of your new-found knowledge and make this a better country than what it was when we received it; as did our predecessors with each successful rotation.

I believe our mission will be a prideful one. Part of this pride will be due to your efforts in the months ahead as we work together with each other and our multi-national brothers and sisters. I am confident that we will provide a brighter future for the people of Kosovo.

I thank each and every one of you for your service and for being such a disciplined and professional force. I'm extremely proud of you all and very proud to serve with everyone here.

Stay safe and continue "Leading from the Edge."



Col. Jeffrey J. Liethen
MNBG E Commander

SACEUR Visit

U.S. Navy Adm. James Stavridis, U.S. Supreme Allied Commander - Europe, right, talks to Multinational Battle Group East Soldiers at the Camp Bondsteel, Kosovo, dining facility, Dec. 21, 2011. The admiral visited the camp to speak with Soldiers and witness operations. (U.S. Army photo by Capt. Joy Staab)



CSM CORNER

Leaders: Develop a Road Ahead for Soldier Success

Safety is and will remain at the top of the list for leaders as we conduct our military and personal activities. We are all well aware driving accidents remains one of our high risk activities.

The risk assessment we complete prior to each trip needs to be well thought out and communicated to the team members involved in that activity. Not taking the time to do complete and accurate mission planning, PCC's and PCI's is a recipe for failure. Our ability to drive as a defensive driver and a participating "A" driver will ensure our best opportunity for success.

Driving beyond your skill level -- whether is it speed or aggressive driving -- is unacceptable. Proper back-planning and a back-brief to your leader will ensure enough time for you to arrive on

will speak to the organization we have become, the way the United States of America Soldier is perceived. What a tremendous responsibility! We carry on the legacy of 375 years of National Guard History, as we add to the places around the world we have been and accomplishments we have achieved.

Over the past four weeks, we have witnessed the transition of our organization to a truly functional organization, completing many complex tasks simultaneously. We have our troops operating throughout Kosovo, each of us doing our part to ensure a safe and secure environment for all. Our individual level of discipline has significantly improved as we strive to become the most professional organization in the Army.

This will be the result of all

"As leaders, developing a road ahead for (Soldier) success can only help in their development and ultimate success."

time for scheduled meetings or activities. Adjusting to changing weather conditions will ensure you arrive safely. This is the responsibility of every one of us; leaders lead and ensure maximum opportunity for safe successful missions.

The Transfer of Authority is over, our two months of post-mobilization training complete and now it's time to get down to business. As we move forward, our mission will take on an image of who we have become as a Battle Group. The manner in which we perform our duties and responsibilities will define the success of our mobilization.

The discipline we display while on and off Camp Bondsteel

non-commissioned officers and officers, accepting nothing less than the standard - the standard of personal conduct, military courtesy and bearing. The opportunity to improve our physical readiness, level of individual education, and improve our personal financial situation is there for the taking!

From a personal development perspective, we will be offering two Warrior Leader Courses early next year to give our NCO's the opportunity to complete a difficult-to-get course as National Guard Soldiers. Would you let this opportunity pass you by? Officers will be offered the chance to take the Intermediate-Level Education course in multiple phases during our time



Command Sgt. Maj.
Bradley J. Shields
MNBG E CSM

here as well. What an opportunity.

An area I feel very strongly about, and is important to our Soldiers, is counseling. As leaders we have in front of us all many skilled leaders who are available to help you develop your counseling skills. Every Soldier deserves an initial counseling to determine the expectations their leader has of them. As leaders, developing a road ahead for their success - by defining and explaining your expectations - can only help in their development and ultimate success.

If as leaders we are not doing this, we are failing our Soldiers. I have said this before, if you have not been counseled, ask your leader why. If as a leader, you feel development is necessary for you to provide the counseling, ask for help!

Anything less, in my mind, is unacceptable; Soldiers need direction, benchmarks towards success and goals. Not one of us can make this happen, although all of us can together.

I look forward to a great professional deployment here in Kosovo and opportunity for personal and professional growth as Soldiers and leaders for all of us.

THE END

A CHANGING OF THE GUARD

story & photos by Sgt. 1st Class Jim Wagner

A Wisconsin Army National Guard brigade assumed responsibility of Multinational Battle Group East during a formal ceremony at Camp Bondsteel, Dec. 10, 2011.

The 157th Maneuver Enhancement Brigade, based out of Milwaukee, Wis., joined 12 other National Guard units and one Army Reserve unit from throughout the U.S. and Puerto Rico as part of Kosovo Forces 15. They assumed responsibility from the New Mexico Army National Guard's 111th MEB, based out of Rio Rancho, N.M., which arrived in April.

The Kosovo Force Commander Maj. Gen. Erhard Drews transferred responsibility of MNBG E from Col. Michael D. Schwartz, commander of the 111th MEB, to Col. Jeffrey J. Liethen, 157th MEB commander.

"As you know, we are one of many U.S. KFOR rotations," Liethen said at the ceremony. "Through



MNBG E units stand in formation during a pass-and-review inspection by the KFOR commander.

the years, KFOR rotations have changed, just as Kosovo has changed, but one thing remains the same, our collective commitment to maintain a safe and secure environment and freedom of movement throughout Kosovo.

"I want to take this opportunity to emphasize that as commander, my objective is to continue to build upon the work done by the soldiers of KFOR 14 and their predecessors," he added. "We look forward to working with our multinational partners and continuing to maintain a safe and secure environment for the people of Kosovo."

Schwartz spoke of the outstanding relationship forged between the many nations in the battle group.

"As I have said many times before to our soldiers, our multinational partners are not part of the battle group, they are the battle group," he said. "Without any one member, our mission would have been much more difficult. Together, as a single organization, we accomplished many remarkable feats. We are truly a more mobile, capable force than ever before."

Drews also gave remarks at the ceremony.

"I know that the future of Multinational Battle Group East will be in very capable hands," Drews told Liethen. "I am more than convinced that you will lead Multinational Battle Group East in the same outstanding manner as did Col. Schwartz"

The U.S. contingent of MNBG E is comprised of approximately 700 troops from 10 states and one U.S. territory. (See below for a breakdown of the units)

Multinational partners in MNBG E include France, Germany, Hellas (Greece), Morocco, Poland, Turkey, Armenia and Ukraine.



U.S. Army Col. Jeffrey J. Liethen, Wisconsin Army National Guard's 157th Maneuver Enhancement Brigade commander, left, receives the NATO flag from German Army Maj. Gen. Erhard Drews, Kosovo Forces commander.

'TIS THE SEASON IN KOSOVO

Soldiers deployed around the world learn to make the best of the situation they find themselves, especially during holidays away from family and friends.

Sometimes it's the little things, like a pair of festive sunglasses or a Christmas tree decorated with ornaments and tinsel at one of the northern Kosovo outposts.

Brigade leaders do their part to spread holiday cheer by serving up a meal personally to Soldiers in the field. At Camp Bondsteel, Task Force Medical held a Christmas show, while a local Kosovo school put on a musical program for multinational Soldiers deployed here.

Whether with big things or small, everyone had their own way of celebrating the holidays.



Photo courtesy of Army Spc. Shannon Will



HELLAS COY HITS GROUND RUNNING



The Hellas contingent is hitting the ground running with training designed to improve it's ability to support the Kosovo Forces mission.

The Hellas Army's 501 Mechanized Infantry



Hellas Army Soldiers subdue a "protestor" during a crowd and riot control exercise.

Battalion assumed responsibility in a transfer of authority ceremony Dec. 20, 2011 at Camp Rigas Fereos near Ferizaj/Urosevac. The training, conducted by U.S. Army Soldiers of Multinational Battle Group East's Task Force Falcon, highlighted essential Soldier tasks necessary to conduct operations in Kosovo. They include performing medical evacuations via UH-60 Blackhawk helicopters, donning and maintaining a gas mask, and safely performing crowd and riot control duties.

The current Hellas contingent is assigned to MNBG E for six months and will conduct missions ensuring the safety and security of Kosovo citizens, as well as their freedom of movement.

THE END



Hellas Army Soldiers prepare for crowd and riot control drills.



U.S. Army Sgt. Eric Draeger, a MNBG E flight medic, gives Hellas Army Soldier the thumbs up to load a patient onto the helicopter during a MEDEVAC exercise.



U.S. Army Sgt. Alexander Henninger, instructs a Hellas Army class on the proper method of tightening the straps on a gas mask.

U.S. Army photos by Sgt. 1st Class Jim Wagner

CONVOYS RESUME UP NORTH

story & photos by Sgt. 1st Class Jim Wagner

The first U.S. ground convoy able to travel into northern Kosovo in more than four months supplied Multinational Battle Group East (MNBG E) soldiers working in northern Kosovo with a much-needed infusion of food,

Some roadblocks were removed earlier this month after Serbia and Kosovo agreed to an Integrated Border Management plan to jointly manage the boundary crossings.

With the subsequent re-open-

MNBG E northern outposts.

Pallets full of Meals, Ready-To-Eat (MRE) and bottled water replenished a supply that has been sorely lacking the past several months, as well as the fuel needed to keep generators and equipment running.



Sgt. Jeremy Moldrem, MNBG E driver, backs a PLS vehicle in order to tow a truck out of the mud at an outpost in northern Kosovo, Dec. 13, 2011.

While aerial resupply missions, called “sling loads,” provided minimal resources needed to keep soldiers fed and operational on a day-to-day basis, there was no stockpile of supplies to rely on for emergencies and weather was becoming more of an issue for flights.

“Supply by ground is very important when it comes to fuel and non-potable water,” said U.S. Army Maj. Jeremy O’Leary, MNBG E operations chief. “When you fly it, there are very minimal gains. A sling load carries approximately less than a half-day [of fuel or water].”

Ground transport, on the other hand, gives northern sites more breathing room in terms of resources. One ground convoy can deliver approximately 14 days worth of fuel and non-potable water, something that would take more than 20 trips by helicopter.

Another benefit of ground convoys as Kosovo enters the winter months is availability. Helicopter operations are significantly impacted by fog, rain, wind and snow, but ground convoys can travel in less favorable weather conditions.

fuel, water and equipment, Dec. 10, 2011.

Since last July, temporary outposts in Northern Kosovo near Jarinje and Leposavic have struggled to maintain adequate supplies of food, fuel, water and construction material for basic necessities like showers and latrines.

Kosovo Serbs had set up and manned roadblocks at major thoroughfares throughout northern Kosovo to protest Kosovo and EULEX efforts at the northern administrative boundary line to enforce customs policies on goods shipped between Kosovo and Serbia.

ing of the roadways, a logistics convoy of Palletized Load System (PLS) vehicles with fuel, water and refrigeration systems went north almost immediately from Camp Bondsteel to resupply the



The convoy of Pallet Load System vehicles, water, refrigerated and fuel trucks delivered much-needed supplies to the multinational soldiers located in remote locations in northern Kosovo.

continued on next Page

Maintaining convoy integrity while moving hundreds of thousands of dollars worth of equipment along the narrow roads of Kosovo, through cities and around mountainous hairpin turns created its own challenges for the MNBG E soldiers.

Military police escorts were constantly on the move to ensure local traffic did not interfere with convoy vehicles, requiring a coordination process that sounds simple but requires constant diligence and effective communications between escorts and convoy.



U.S. Army Staff Sgt. Charles Austin, right, consults a map while Spc. Michelle Weissenger drives the vehicle. The two were part of the detail providing security for the supply convoy.

“Communication is a big issue in a multinational mission,” said Chief Warrant

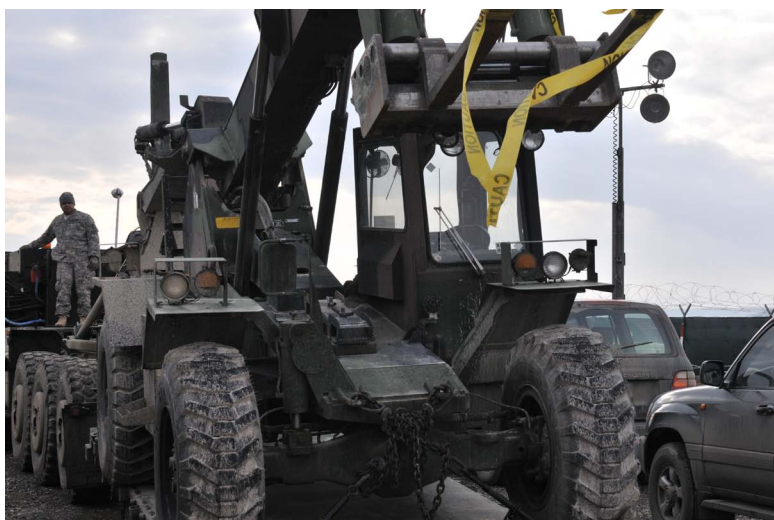
Officer 2 Roland Serrano, the officer-in-charge of both the first and second convoys. “Language barriers can result in delays and missed messages between the convoys and the escorts.”

Another challenge is the mountainous region in northern Kosovo.

While beautiful and scenic, driving a PLS with a curb weight of 55,000 pounds loaded with MREs down a 15-degree decline and hairpin turns can be nerve-wracking.

But despite the challenges, delivering the goods on time to soldiers in the field is a reward in itself, knowing they will be able to use the food, water and fuel to continue their peace-keeping efforts.

THE END



A forklift is lowered off the back end of a Pallet Load System vehicle at one of the outposts in northern Kosovo.



Soldiers from MNBG E unload pallets of food & water from a container vehicle.

SPREADING HOLIDAY CHEER

by Sgt. 1st Class Jim Wagner

The mail clerk is one of the most popular people to deployed soldiers and at no time is that more true than during the Christmas holiday season.

Especially for soldiers from Multinational Battle Group East (MNBG E) deployed at Camp Bondsteel, Kosovo.

Kosovo Forces 15 (KFOR 15) arrived a few days before Thanksgiving in support of the United Nations peacekeeping mission. After approximately three months of mobilization training, mail from home is a welcome sight.

As expected, there is a lot of mail coming from family and friends, said Army Sgt. Jessica Simmons, a MNBG E mail clerk assigned to Task Force Falcon, the headquarters element of the battle group.

The Macon, Ga., resident is responsible for sorting and processing mail for approximately 400 people in the battle group.

surge - deftly maneuver through the cramped space available after a Monday's delivery of packages.

For the two Georgia Army National Guard Soldiers, it's their daily job to take the large stacks of mail that arrive and sort them by section and individual.

Despite being assigned to a hectic duty away from his assigned responsibilities, Glenn said he has enjoyed the work so far, and the perks.

"I get to get my mail before anyone else without waiting," the Atlanta resident said with a laugh. "It keeps me busy, but being occupied is a good thing."

Mondays, according to Simmons, are the busiest day of the week; with the post office



Army Sgt. Jessica Simmons, mail clerk, processes holiday mail at Camp Bondsteel. (U.S. Army photo by Sgt. 1st Class Jim Wagner)

nature) items and approximately 120 non-accountable items.

She said the record, currently held by KFOR 14 from last year, is 122 accountable items in one day.

Since there is no official tally for non-accountable mail, there is no way to measure what the grand total might have been.

But, Simmons said, she expects to see her office get close to that amount before Christmas comes and goes, and she wouldn't have it any other way.

Before being assigned to the postal detachment here, she was a signals support specialist with no prior experience in a post office.

"At first, I was scared (about the responsibility of the position)," she said, "but now I wouldn't trade it for anything."



Army Capt. Johnathan Koeppen, MNBG E deputy logistics officer, leaves the postal center with holiday packages, Dec. 12, 2011. (U.S. Army photo by Capt. Joy Staab)

Simmons and her assistant - Private 1st Class Clinton Glenn, a driver and administrative specialist on loan from the Joint Implementation Commission section during the holiday mail

closed on Sundays, it means an extra day of accumulated mail. On this particular day, there were 41 pieces of accountable mail (i.e., insured, certified or registered mail requiring a sig-

LEGAL BRIEF

Take Steps to Keep Your Identity Safe, Secure

I dentity theft is not uncommon. In fact, it has already occurred to multiple members of KFOR15 over the past two months.

The lack of internet security combined with an individual lack of caution can make us obvious targets. It is easy to fall victim to identity theft, but it is a long, painful, process to climb out of the hole that can be created because of our oversights.

Fortunately, you can protect yourself in most cases by knowing how to identify possible threats and taking steps immediately to prevent it from having a negative affect on your credit rating.

Prevent Identity Theft

By following these easy guidelines you can prevent identity theft and fraudulent charges.

- Protect your Social Security number (SSN). Don't carry your Social Security card in your wallet. Don't give it out over the phone. If you are using a website that requests your SSN, ensure both that it is a trusted site, and that you are using a NIPR computer.
- Trash. Be careful about what you throw away. Remember, a document with a bank account number or your SSN could end up in the wrong hands. Burn or shred any documents containing financial or personal information.
- Place passwords on your credit card and bank accounts. Use passwords that are not easy



Sgt. Amy Sydow
Chief Legal NCO

to figure out from your personal information. I.e. avoid birthdates, names of children, etc.

- Place an active duty alert on your accounts. This alert can last a year and requires the inquiring creditor to verify that it is you attempting to open a line of credit. Because it is difficult to be contacted while deployed, you can appoint someone you trust to act as your representative.
- Utilize online banking services: A convenient way to monitor and track bank account activity. While deployed, only do banking and online shopping on NIPR computers.

Identify/React to ID Theft

Be alert for signs of identity theft:

- Accounts you didn't open and debts on your accounts that you can't explain.
- Fraudulent or inaccurate information on your credit reports, including

accounts and personal information, like your Social Security number, address(es), name or initials, and employers.

- Failing to receive bills or other mail. Follow up with creditors if your bills don't arrive on time. A missing bill could mean an identity thief has taken over your account and changed your billing address to cover his tracks.
- Receiving credit cards that you didn't apply for.
- Being denied credit, or being offered less favorable credit terms, like a high interest rate, for no apparent reason.
- Getting calls or letters from debt collectors or businesses about merchandise or services you didn't buy.

If you have reason to believe that you have fallen victim to identity theft, contact the JAG office at x4575. We will assist you with the following steps as necessary:

- Place a fraud alert on your credit reports, and review your credit reports often.
- Close the accounts that you know, or believe, have been tampered with or opened fraudulently.
- File a complaint with the Federal Trade Commission.
- File a report with your local police or the police in the community where the identity theft took place.

IG CORNER

Eliminate Envy to Stay Happy, Healthy This Year

In an effort to maximize discipline and morale, I would like to point out a cancer in our ranks. It is a threat in every organization, envy. This trait never leads to benefit and often spreads hastily through organizations. There is a personal responsibility for every Soldier and a mission of every Leader to stop envy before it can establish negative effects in our unit. Be on team Eliminate Envy not a member of the Fun Police.

Envy comes into play when you measure your happiness as it relates to others' happiness. I will argue that your well-being is independent of anybody else's situation. The key to eliminating envy before it establishes is understanding yourself and what makes you fulfilled. Then set goals and work toward them to establish a healthy and satisfied

you. If you are unable to focus on yourself and find yourself measuring your happiness to the situations of others, remember that fair is not necessarily equal. In every situation, some individuals get benefits and others detriments. In our circumstances, some have different work hours, uniforms, pay, privileges, living quarters, etc...

If we were to make this equal, the only way to do that is to move toward the lowest common denominator. That effort would follow the 'misery loves company' mentality; nobody wins.

Next time you feel yourself or hear somebody openly complaining about benefits someone else in our team is reaping, stop and ask yourself or that person, "Is this benefit breaking any standard or regulation?"



Maj. Daniel Hanson
Inspector General

If it is, let me know, and we can look into making it right. If it is not, be happy for that person or at least attempt to be oblivious to it.

Don't be a member of the Fun Police; fight to Eliminate Envy.

THE END

CHAPLAIN'S CORNER

Mutual Respect, Tolerance Key to Kosovo Peace

Regardless of culture, religion, language or social class, human nature is always the same across time and space. We all experience the same basic joys, fears, angers and hopes. We all long for peace and security for ourselves and our loved ones. And when we seek the establishment of peace and security for people who – at least for a start – are strangers to us, the intentions of our hearts display a deeply spiritual, even supernatural character. It is then when we go the proverbial "extra mile".

We, the members of MNBG-E, are here in Kosovo in order to help the people of this region to achieve higher standards of peace and security. Muslim ethnic Albanians and Orthodox Serbians, together with Roma, Catholics and other minorities in this country have endured



Chap. (Maj.)
Alejandro Sanchez
MNBG E Chaplain

conflict that has required the presence of a multinational force to establish a rule of law. Although KFOR has occasionally used force in order to carry out its mission, its ultimate goal is peace among peoples. We are instruments of that peace and our work here is important and

valuable, even if concepts like the "happiness and prosperity" that emanate from peace are not easily measured in numbers.

Within the timeline and physical context of our mission, there are two important holidays that take place during these winter days. One is the Christian celebration of the birthday of the Lord Jesus: Christmas. The other is the Jewish feast of Hanukkah, which celebrates the rededication of the Temple in Jerusalem after the victorious Maccabean Revolt of the 2nd century BC.

Both of these celebrations remind us of the presence of a loving and provident God that chooses to be close to his people even when the darkness of sin and conflict seems to spread in human society. In fact, the faith

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faith that many of us profess reminds us that God is closest to men and women when the shadows appears to be deeper; that the strength and light of his love often begin their work precisely in the coldest and darkest moments in the hearts of individuals and of entire societies.

In a few weeks, days will begin to be noticeably longer and brighter. Just as winter gives way to spring, the presence of God in our lives lends it warmth to our efforts in this country and in the World. May his grace working in

and through us signify a continued renewal of prosperity and spiritual life for all the peoples of Kosovo.

We do not forget in our prayers the former MNBG-E personnel who passed on to us the mission we have now taken over.

We ask God to bless them and reward their commitment in this life and in the fullness of his Kingdom.

We likewise ask the Lord to shed his light, wisdom and strength on us who are now here, who hope to be agents of peace,

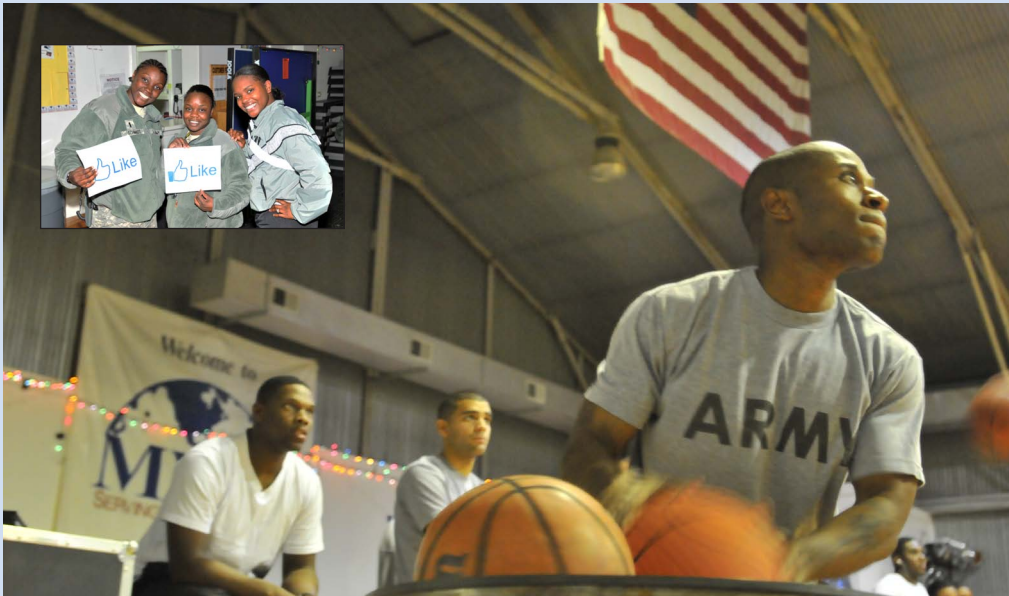
prosperity and fraternity in this nation.

His comforting presence will keep us serene and joyful until the time comes for us to be reunited with our loved ones, back home.

And during this Christmas and Hanukkah season, may God bless the peoples of Kosovo so that they, together with us, may strive to preserve the mutual respect and tolerance that are marks of true peace. Merry Christmas, Happy Hannukah, and may God bless you all this season.

THE END

3-POINT SHOOTOUT



Army Staff Sgt. Rontaye Butler, an administrative NCO with MNBG E, shoots during the Morale, Welfare and Recreation 3-Point Shootout, Dec. 22, at the Southtown Fitness Center. Butler placed second in the event, which drew nearly 20 competitors. IN-SET: Fans cheered on their favorites at the event. (U.S. Army photos by Sgt. 1st Class Jim Wagner)

Congratulations to Our January Birthdays

U.S. Army Col. Jeffrey Liethen, Multinational Battle Group East commander, will serve birthday cake to Soldiers at the dining facility, Jan. 16, at 11:30 a.m.

Staff Sgt. Katie Alexander
Spc. James Anderson
Spc. Antwain Barnslater
Pfc. Marcos Barragan
Sgt. 1st Class Danny Belise
Pfc. James Blanchard
Sgt. Richard Bullinger
Sgt. Maj. Robert Burgette
1st Sgt. Robert Cowart
Pfc. James Davis
Pfc. Delpe-Mompremier
Spc. Harrell Douglas
Sgt. Eric Draeger
Spc. Joel Dunnington

Spc. Anastasia Fedorova
Sgt. David Gladden
Sgt. Stephen Goney
Spc. Teri Hager
Sgt. Alexander Henninger
Spc. John Hoagland
Master Sgt. Yvonne Jarmoc
Sgt. Miguel Jimenez
Pfc. Chaz King
1st Lt. Moshe Kirkland
1st Lt. James Kump
Chief Warrant Officer 2 Gregory Kurtz
Spc. Daniel Lehman
Lt. Col. Joseph Lynch
Sgt. Charles Mann
Command Sgt. Maj. Matthew Marks
Spc. Caleb Mattingly
Spc. Rosario Morato
Staff Sgt. Richard Noel
Pfc. Sehou Nounawon

Chief Warrant Officer 2 David Oates
Spc. Heather Ogburn
Maj. Jeremy O'Leary
Sgt. Mario Payne
Sgt. Lee Peterson
Pfc. Michael Purslow
Capt. Joshua Roberts
Sgt. Terry Robertson
Pfc. Brandon Russell
1st Lt. Roxanne Schmidt
Sgt. Daryl Skaw
Staff Sgt. Darryl Smith
Capt. Joy Staab
Sgt. 1st Class Ivan Strickland
Spc. Christopher Tullis
Staff Sgt. Timothy Wilder
Sgt. Troy Wolff
Staff Sgt. Bryan Zapp

CrossFit

The Fitness Program Designed to Push You Faster, Further Than Ever Before

by 2nd Lt. Zachary Moore

Often, individuals will ask what Crossfit is, and if it really works.

Crossfit is a core strength

and conditioning program built on constantly varied, if not randomized, functional movements executed at high intensity. In laymen terms, it uses bodyweight, gymnastics, and strength-based exercise to mimic the movements that we do in our daily lives at a high-speed pace.

ers a fitness that is, by design, broad, general, and inclusive. The specialty is not specializing. Combat, survival, many sports, and life reward this kind of fitness and, on average, punish the specialist. As trainers, we train you to push yourself faster, further, and harder than you would normally push yourself in a short high-intensity burst.

This is what forces your body to get stronger and faster, to adapt. After all, a soldier is a multi-sport athlete in the truest sense. Very few occupations require you to move several hundred meters under a standard 70-pound combat load worn on the body.

Even still, once you arrive at the destination you must maintain the ability to perform fine-motor skills such as firing a weapon all while you're gasping for breath, your adrenaline is through the roof, and your heart is pumping blood as caustic as battery acid in your veins. I also don't need to remind you that you are still required to think tactically and maintain situational awareness in your already stressed state; which is now complicated by gun-fire, and people panicking as if rapture is upon them.

Strength developed in a vacuum is only useful in a vacuum. Crossfit athletes are trained to perform successfully at multiple, diverse, and randomized physical challenges. I'm not trying to say that Crossfit is a universal panacea for fitness or that it is perfect in every way; what I am saying is that very simply it works.



Karin Kasupski, Joint Visitor Bureau Operations NCO, does decline pushups during a CrossFit regimen.

Crossfit and how difficult it can be. Frankly, it is only as difficult as you make it. The program is designed for universal scalability, making it the perfect application for any committed individual regardless of experience. The same routines have been used for elderly individuals with heart disease as well as cage fighters; the only difference is that the load and intensity is scaled to the individual.

I formally invite you to come out and try it for yourself. After all, what do you stand to lose other than an inflated ego?

THE END



Peter Bassett, Task Force Aviation pilot, works his way through pull ups during a CrossFit session. (U.S. Army photos by Sgt. 1st Class Jim Wagner)

and conditioning program built on constantly varied, if not randomized, functional movements executed at high intensity. In laymen terms, it uses bodyweight, gymnastics, and strength-based exercise to mimic the movements that we do in our daily lives at a high-speed pace.

It works the body's anaerobic and aerobic systems in the same workout and teaches you to push yourself farther and faster than your normal workout. It teaches you to move heavy objects efficiently, maintain your flexibility without the compromise of strength, and learn to run distance at a faster pace without hours on a track or bike.



Tim Benjamin, S-6 NCO, does dead lifts during a CrossFit session.

The Crossfit program deliv-

Most have heard stories of

WORKING TOWARDS A SAFER KOSOVO

story & photos by Sgt. 1st Class Jim Wagner

In an effort to transfer environmental safety and security responsibility to the Kosovo government, Multinational Battle Group East engineers conducted their last round of safety inspections at Termokos public heating company recently.

Termokos —the public utility company responsible for generating and transferring hot water to provide heat to approximately 200,000 Kosovo citizens— is one of five companies in MNBG E transitioning to Spatial Planning (MESP) and the Kosovo Security Force (KSF). Other companies transitioning are: Pristina Regional Water Company sites in Podujeve and Shtime; IBG Battery Company in Gjilan; and the Shipolje Water Treatment Plant site in Shipolje.

Termokos was lauded by MNBG E inspectors for its efforts to improve its safety standards.



MNBG E and KFOR inspectors talk to Termokos employees during a recent inspection in Pristina.

"This company has taken seriously implementing recommendations that we have set forth in past inspections to make their company a safe and secure environment for all concerned," said U.S. Army Maj. James Hohncke, MNBG E engineering liaison officer.

Arsim Janova used to look forward to winters in Kosovo, but this year cold weather and snow



Army Maj. James Hohncke, MNBG E engineering liaison officer, right, goes over inspection reports with Arsim Janova, CEO of public heating company Termokos.

have become a source of stress for the newly-appointed CEO of Termokos.

More than 57 kilometers of pipe transfer the hot water generated by the company to provide heat for businesses and residences throughout the capital city of Pristina, an essential service in a region that experiences freezing temperatures in the winter months.

Heating water and transporting it around the capital might seem like an easy process, but in reality is a complicated and expensive process to do safely. Boilers fueled by crude oil are used to heat the water, while various chemicals are used to treat the incoming and outgoing water before it is sent to the heating network to warm people's homes.

The chemicals and crude oil used in the process is one of the primary reasons Termokos was originally put on the Toxic Industrial Material (TIM) list, to ensure operations were conducted in a safe manner.

"These inspections are very positive for us," said Janova. "We are responsible to the public and need to be very proactive in keeping (our operations) safe; we

also have a legal obligation."

According to OF-4 Fernando Ferreira, KFOR Chemical, Biological, Radiological and Nuclear (CBRN)/Environmental Officer, more sites will be handed over to Kosovo control in 2012. Any remaining sites will be transferred when they no longer pose a threat to the safety and security of Kosovo citizens, he said, which could be an issue going forward because of funding.

"Some of them (the TIM sites) finished the production, but kept the toxic products in their possession and they are not able to find a solution for the disposal of these materials," Ferreira said, "first, because there isn't an appropriated disposal field in Kosovo, and secondly, because they are bankrupt."

For Janova and Termokos, that is a problem the company can attest to as it tries to fund its operation to supply heat to Kosovo's capital. The company's primary system is very old and leaks, he said, which is very inefficient.

Next year, Termokos plans to start a 27 million Euro project to deliver already-heated water from the local power company, Korporata Energjetike e Kosovës (KEK), to the public heating system.

Removing the need to heat up the water using the crude oil on site will make their heating operation more efficient and save money that will be put towards expanding the public heating network outside the city proper.

It's energy- and funding-conscious efforts like that of Termokos that will make it easier for agencies like MESP and KSF find a way to keep its citizens safe for years to come.

ED

KSF TAKES LEAD ON LARGEST JOINT DETONATION IN KOSOVO

story by Spc. Nathan Rivard

Booms and bangs could be heard around Ferizaj, Kosovo Dec. 9, 2011, as Multinational Battle Group East and Kosovo Security Forces (KSF) personnel disposed of a weapons cache.

The joint operation between the 387th Explosive Ordnance Disposal Company and KSF was the largest joint weapons disposal operation between the U.S. and Kosovo in which KSF took the lead role.

"This is a mentor and monitor mission," explained U.S. Army Capt. Joshua Roberts, commander of the 387th EOD Company. "Over the past several KFOR rotations the KSF has demonstrated their ability to work more independently at disposing of unexploded ordnance

found in Kosovo. They led the mission in a professional and safe manner and we were available to offer technical assistance."

The teams disposed of 363 pieces of unexploded ordnance ranging from landmines to rockets, which were found by the Kosovo Police while conducting a routine patrol near the Macedonian border a week earlier.

"They (KSF) hadn't had the experience of dealing with this many munitions at one time before," said U.S. Army Sgt. William Farwell, EOD team leader. "Old explosives—like the ones destroyed today—become more hazardous over time as they deteriorate, but the KSF disposed of them in a safe and efficient manner."

THE END



U.S. Army Sgt. William Farwell, EOD team leader, right, observes the KSF munitions disposal team prepare a cache for explosion. (U.S. Army video images by Spc. Nathan Rivard)



UKRAINE ARMED FORCES DAY

Celebrating 20 Years of Military Heritage

Multinational Battle Group East Soldiers gathered Dec. 6 to celebrate the 20th anniversary of Ukrainian Armed Forces Day, which marks the day in 1991 the Ukraine Parliament adopted the law "On the Defense of Ukraine."

The Ukrainian Contingent, known as the "Lion Coy," hosted a luncheon at the Camp Bondsteel dining facility to commemorate the event.

Lt. Col Oleh Zubovski, the Ukrainian Contingent Commander, shared the history and current state of the Ukrainian Army with guests at the event.

"At the present stage Ukraine's Armed Forces is a powerful military organization able to respond to all challenges and threats," Zubovski proclaimed during his speech. "In addition to the task of ensuring our national defense of our country the Ukrainian Army soldiers and peacekeeping



personnel are currently performing the task of maintaining peace in different parts of the world: Kosovo, Iraq, Afghanistan and elsewhere."

An awards ceremony took place after lunch. Several soldiers from the Ukraine Army received recognition for exemplary service throughout their deployment.

The celebration concluded with a toast given by Oleksiy Telychkin, the Senior Police Advisor to Special Representative Secretary General of the United Nations.

"Let me congratulate you and wish the best to you and your families on this holiday, toasted Telychkin. "Thank you for all your hard work."

There are currently four Ukraine Contingent platoons deployed with MNBG E. Their mission varies but includes perimeter reaction force, quick reaction force and sync patrols with the Serbians along the administrative boundary line.



U.S. Army Col. Jeffrey Liethen, commander of Multinational Battle Group East, raises his glass to toast Ukrainian Army Lt. Col Oleh Zubovski, Ukrainian contingent commander, during a luncheon held to celebrate Ukraine Armed Forces Day at the Camp Bondsteel dining facility, Dec. 6, 2011. (U.S. Army photo by Capt. Joy Staab)

THE END



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Happy New Year!



Balloons drop over the heads of celebrating members of Multinational Battle Group East, who rang in the New Year with a concert hosted by Morale, Welfare & Recreation, Dec. 31, 2011. Soldiers were treated to live music, and free food and drinks. (U.S. Army photo by Sgt. 1st Class Jim Wagner)



U.S. Army Spc. Robert Collazo, left, and Sgt. Delvin Patterson, of the 3274th U.S. Army Hospital in Durham, N.C., get into the spirit of the New Year. (U.S. Army photo by Sgt. 1st Class Jim Wagner)